

## Mission Statement

T'Dance School of Performing Arts is devoted to providing dancers of all ages an encouraging environment in which to grow and excel in their dance education. The instructors strive to offer the highest quality of dance training, while nurturing each student's unique talent and creativity. T'Dance provides an environment that is supportive, encouraging and conducive to learning. We desire for our students to reach their fullest potential, and to support them as they grow artistically and develop into well-rounded individuals. Our students have an enriching and fun experience learning to dance, and to also gain a lifelong appreciation for dance!

## Showtime

Showtime is our annual performance or recital and is held at the Hastings City Auditorium for 2 evenings the first weekend in June. All ages of students perform together on our shows rather than separating into separate age groups for performances. The performance is the highlight of the year for our students, and their chance to show what they have accomplished throughout the year of dance training. Performing is part of dance training and helps the dancers to grow in self-confidence, stage direction, awareness in space and working within their class as a group. It is a very exciting event for our dancers that they look forward to all year long!

## New York City Trip

T'Dance hosts a dance trip to NYC, for Junior & Senior dance students on a bi-annual basis. We will decide this fall if a trip is possible for summer of 2022. Students take classes, attend Broadway shows and professional dance performances, also sightseeing, shopping, dining and visiting with T'Dance Alumni that now reside in the city. Space is limited on our NYC trips and an informational meeting will be held in the fall.

## Facilities

T'Dance offers a spacious 6000 sq. ft. facility designed and built just for dance! We feature 3 spacious studios equipped with floating, sprung flooring, mirrors and barres. Each studio is also equipped with observation windows. Our lobby is spacious and has snack and drink vending machines and bench seating. T'Dance also has 3 large dressing rooms for students to change in, and store belongings. We also have our own dancewear supply store for your dance shoe and clothing needs!

### Tuition Rates

#### SINGLE CLASSES MONTHLY RATES

<b>1 Class weekly</b>	<b>\$45.00</b>
<b>2 Classes weekly</b>	<b>\$75.00</b>
<b>3 Classes weekly</b>	<b>\$105.00</b>
<b>4 Classes weekly</b>	<b>\$130.00</b>
<b>5 Classes weekly</b>	<b>\$155.00</b>
<b>6 Classes weekly</b>	<b>\$185.00</b>
<b>Each class after 6 add:</b>	<b>\$30.00</b>

#### COMBINATION CLASSES MONTHLY RATES

<b>45 Minute class 3 &amp; 4 year old's</b>	<b>\$45.00</b>
<b>1 hour class 5-7 year olds</b>	<b>\$45.00</b>
<b>1 ½ hour class 8-10 year olds</b>	<b>\$68.00</b>

**FAMILY RATES - A family discount of 10% will be taken off the total sum of all classes for 2 or more students in the same family.**



Ballet  
Tap  
Jazz  
Pointe  
Modern  
Hip Hop  
Pom  
Contemporary/Lyrical  
Choreography  
Turns & Leaps  
Ballet/Tap Combo  
Ballet/Tap/Jazz Combo

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**WWW.TDANCE4ME.COM**

## Class Descriptions

- Ballet/Tap Combo (ages 3-4 & 5-7) This class is designed for young children beginning to dance. Students increase their understanding of movement and space in creative ways that build strength, balance, flexibility and musicality, and develop fundamental movement skills and coordination through beginning ballet and tap technique. Our classes help students establish a solid foundation to grow from with confidence.
- Ballet/Tap/Jazz Combo (ages 8-10) Student must be 8 by November 15th. This class will combine all three forms of dance technique and will begin to challenge the student more in their level of technique, memory and musicality.
- Tap classes will combine the learning of tap terminology as well as several different styles of technique. Students will develop rhythm, timing, coordination, counter rhythms and improvisation skills.
- Clogging class is different from tap class and has its own terminology, style of dancing, and shoes. Clogging is a fun; high-energy class open to Kindergarten through adult.
- Pom - a fun class to learn synchronized movements, technique and terminology along with stretching and the learning of routines. Requirements to take this class are at least one year of previous dance training.
- Ballet technique is the foundation for all forms of dance and enables the student to be proficient in all areas of dance, while learning French terminology. Ballet class teaches proper body alignment while building muscle strength, flexibility, grace, poise, balance, self-discipline and self-confidence. It is recommended that all students continue to study ballet in addition to other forms of dance. Ballet is required for a student to take Pointe, Jazz, Modern, Lyrical or Turns/Leaps.

- Pointe classes are offered upon instructor approval to advanced students with the technical strength and development in their feet, legs and torso. Several years of ballet study are required before a student will be approved for Pointe class. A length of pre-pointe class work will also be required, this varies between students. Average age to begin Pointe work is age 12. Requirement: Student must be in ballet class.
- Jazz - age 8 by Nov 15th and at least 2 years of previous dance training. Involved in a class are body isolations, floor work, stretching, conditioning and strengthening exercises, progressions and learning of commercial, theatrical and street dance jazz styles. Requirement: Student must be in ballet class.
- Modern - students should have at least 2 years of ballet training and must be 10 years of age by November 15th. Modern dance classes explore many different styles of technique and expression through movement. Classes involve floor work, stretching, improvisation and some partnering work. Requirement: Student must be in ballet class.
- Hip Hop - This class is open to any student. It is recommended that the student also be enrolled in a jazz or ballet class. Hip Hop is a high-energy class that will build upon strength, precision, flexibility and teamwork. Hip Hop dance is a very isolated, precise street dance style. Students must be 8 by November 15th.
- Contemporary/Lyrical - Offered to ages 6th grade and up. Lyrical is a combination of ballet, jazz and modern techniques and all styles of movement focusing on interpreting the emotion and lyrics of music. Requirement: Student must be in ballet class.
- Leaps & Turns – Focus of the class will be dynamic turns, jumps and leaps as well as strengthening and flexibility exercises required to accomplish consistent, clean turns, jumps and leaps. Requirement: Student must be in ballet class.

## Owner/Director

Teresa Miller, owner of T'Dance since 1985, lives in Hastings with her husband, Dave, and they have three grown children: Brett, Logan and wife Ashlyn & grandchildren Bron, Emelyn & Kiera, and Emma. Teresa holds a Bachelor of Fine Arts degree in Modern Dance from Texas Christian University and an Associate in Arts degree from Stephens College, Columbia, Missouri, where she was also a dance major.

Teresa continues to study dance by regularly attending workshops and conventions: Dance Teacher Web Conference in Las Vegas and Dance Olympus workshops in Omaha, and the Snowy Range Dance Festival in Laramie, Wyoming and most recently the TAPCITY tap festival in New York-summer of 2019. Teresa has studied with some of the legendary rhythm tappers such as Eddie Brown, Chuck Green and Steve Condos. She has also trained with Tony Waag of the American Tap Dance Foundation. She has also studied with Peter Pucci, of Pucci Plus Dance Company, Yoav Kaddar - Paul Taylor & Limon Dance Company, Keith Saunders of the Dance Theatre of Harlem, Susan Israel Massey of Richmond Ballet and Jacob Mora-Moraporvida Dance Company. She also annually visits New York City with students to study dance at Broadway Dance Center, Steps on Broadway and Luigi Jazz Dance Center. They also attend Broadway and professional dance company performances.

Teresa has choreographed for several local high school musical productions including West Side Story, Suessical The Musical, Camelot, Guys and Dolls, Oklahoma, Anything Goes and The King and I. She has also been a judge for the Kansas Miss Teen Pageant and many local high school, studio and college dance team auditions.

In 2008, Teresa completed her training and became the first certified practitioner in Yamuna Body Rolling in the state of Nebraska.

In 2015, Teresa began her certification for Aircat Aerial Yoga. She has completed both levels of certification and also teaches aerial yoga classes.